

Bytown Walkers Club de marche

“Speedy Sunday” Race Walk Results

Sunday, January 05, 2020

The Dome, (400m Mondo), Louis Riel High School, Ottawa

(All athletes are Bytown Walkers, or Bytown-adjacent)

<u>1000m</u>	Unjudged		<u>(500m)</u>	<u>1000m</u>
1	Sarah Zahab	(77)	(2:54)	5:31
2	Darrell Menard	(54)	(2:53)	5:33
3	Lynn Jaffray	(62)	(3:05)	6:13
4	Annie Cormier	(72)	(3:12)	6:15
5	Debra Denault	(64)	(3:24)	6:43
6	Anne MacDonald	(61)	(3:25)	6:46
7	Linda Minnelli	(55)	(3:30)	7:05
8	Diane Coultermann	(56)	(3:31)	7:06
9	Jamie Lombardo	(59)	(3:42)	7:30
10	Marian Jordan	(56)	(3:50)	7:45
11	Angela Quinlan	(46)	(4:03)	7:54
12	Sharon Chisholm	(70)	(4:00)	7:56
13	Peter Minnelli	(52)	(4:03)	7:58

400m

<i>1</i>	<i>Georgia Zahab</i>	<i>(11)</i>	<i>3:30-ish</i>
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2000m

Athletics Ontario Sanctioned

(WA Judging except where marked “csj”: Common Sense Judging)

Judges: Laura Houston (Chief), Dave Archibald, Joanne Gage, Ariana Tamas

			<u>(1000m)</u>	<u>2000m</u>
1	Sarah Zahab	(77)	(6:37)	12:53
2	Lynn Jaffray	(62)	(6:40)	13:13
3	Darrell Menard	csj (54)	(6:46)	13:21 >
4	Annie Cormier	(72)	(6:54)	13:21
5	Anne MacDonald	(61)	(7:05)	14:02
6	Debra Denault	(64)	(7:17)	14:42
7	Jamie Lombardo	csj (59)	(7:36)	15:01
8	Linda Minnelli	(55)	(7:33)	15:01
9	Diane Coultermann	(56)	(7:34)	15:14
10	Angela Quinlan	(46)	(7:37)	15:24
11	Peter Minnelli	csj (52)	(8:02)	15:58
12	Sharon Chisholm	(70)	(8:15)	16:12

(Athletes were given intermediate times for every 400m, as recorded by their lap counters. For ease of comparison with previous Speedy Sundays, the 1000m is calculated from the 800m and 1200m times.)